1. In the video clip, what does Coach Gaines explain to his team in regards to "being perfect?"

Coach Gaines cleans the concept of “being perfect” down to its elemental components—forget the stats, forget the scoreboard. To him, being perfect isn’t about being error-free or flawless. It’s about giving everything you’ve got, being honest with yourself and not holding anything back—not physically, not emotionally, not mentally. It’s about walking off the field and being able to look the people you care about in the eye and say, “I gave you everything I had.” It’s all in. There are no shortcuts. No regrets.

2. As a future coach, what would you explain "being perfect" to your team?

I’d tell them something along the same lines, but with a grain of my own salt. Being perfect isn’t about the score or the final stats. It’s about maxing out what you can control—the things in your hands—your effort, your attitude, your preparation, your focus—and then letting God handle the rest. I’d remind them that perfect doesn’t mean no mistakes. It means you gave everything you had and didn’t save a drop of blood for morning coffee. It means you laid it all out, every practice, every rep, every game—so that win or lose, you can look yourself in the mirror and say, “I emptied the tank. I didn’t coast. I didn’t hide.” That’s the kind of perfect I’ll always ask for.

3. If you were on this team in the video clip, what impact would Coach Gaines’ words have on me personally?

They’d hit me like a freight train—in the best way. His words would ignite a fire under me, and I’d be reminded of every obstacle I’ve already conquered and every bit of fight I still have left inside of me. I’d remember that I’m closer to the finish line than I like to admit, and that I owe it to myself and everyone who’s believed in me to finish strong. He’d flip the switch. I wouldn’t walk off that field—I’d sprint through the tape, because I’ve come too far and worked too hard to ease up now. I’d go out swinging, because that’s what I deserve.